

## USDA National Nutrient Database for Standard Reference Release 28

## Statistics Report 28310, Cookies, shortbread, reduced fat

Report Date: December 03, 2015 11:16 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <sup>1</sup>	g	3.60	--	0.112	2.74	4.83	10.0	3.348	3.847	1	Analytical or derived from analytical	--	06/2015
Energy	kcal	451	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Energy	kJ	1889	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Protein <sup>1</sup>	g	5.37	--	0.021	5.25	5.5	7.0	5.322	5.419	1	Analytical or derived from analytical	--	06/2015
Total lipid (fat)	g	14.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Ash <sup>1</sup>	g	1.04	--	0.014	0.84	1.2	10.0	1.009	1.072	1	Analytical or derived from analytical	--	06/2015
Carbohydrate, by difference	g	75.99	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fiber, total dietary <sup>1</sup>	g	1.3	--	0.053	1	1.5	3.0	1.09	1.414	1	Analytical or derived from analytical	--	06/2015
Sugars, total <sup>1</sup>	g	21.65	--	0.194	20.15	24.01	2.0	20.892	22.411	1	Analytical or derived from analytical	--	06/2015
Sucrose <sup>1</sup>	g	20.99	--	0.211	19.46	23.56	2.0	20.125	21.861	1	Analytical or derived from analytical	--	06/2015

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Glucose (dextrose) <sup>1</sup>	g	0.36	--	0.016	0.27	0.43	4.0	0.318	0.406	1	Analytical or derived from analytical	--	06/2015
Fructose <sup>1</sup>	g	0.30	--	0.013	0.18	0.36	3.0	0.253	0.339	1	Analytical or derived from analytical	--	06/2015
Lactose <sup>1</sup>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Maltose <sup>1</sup>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Galactose <sup>1</sup>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2015
Starch <sup>1</sup>	g	40.47	--	0.256	36	43.9	3.0	39.659	41.278	1	Analytical or derived from analytical	--	06/2015
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	13	--	0.159	11	16	8.0	12.476	13.21	1	Analytical or derived from analytical	--	06/2015
Iron, Fe <sup>1</sup>	mg	2.98	--	0.024	2.3	3.54	8.0	2.93	3.039	1	Analytical or derived from analytical	--	06/2015
Magnesium, Mg <sup>1</sup>	mg	14	--	0.123	13	15	10.0	14.03	14.583	1	Analytical or derived from analytical	--	06/2015
Phosphorus, P <sup>1</sup>	mg	66	--	0.392	64	69	8.0	65.186	66.984	1	Analytical or derived from analytical	--	06/2015

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Potassium, K <a href="#">1</a>	mg	88	--	1.246	80	98	10.0	85.061	90.614	1	Analytical or derived from analytical	--	06/2015
Sodium, Na	mg	571	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Zinc, Zn <a href="#">1</a>	mg	0.49	--	0.022	0.41	0.72	8.0	0.436	0.536	1	Analytical or derived from analytical	--	06/2015
Copper, Cu <a href="#">1</a>	mg	0.090	--	0.004	0.07	0.13	9.0	0.081	0.1	1	Analytical or derived from analytical	--	06/2015
Manganese, Mn <a href="#">1</a>	mg	0.393	--	0.006	0.28	0.56	7.0	0.377	0.408	1	Analytical or derived from analytical	--	06/2015
Selenium, Se <a href="#">1</a>	µg	6.2	--	0.562	4.6	9.1	2.0	3.795	8.625	1	Analytical or derived from analytical	--	06/2015
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Thiamin <a href="#">1</a>	mg	0.353	--	0.006	0.33	0.37	3.0	0.333	0.374	1	Analytical or derived from analytical	--	06/2015
Riboflavin <a href="#">1</a>	mg	0.314	--	0.010	0.29	0.34	4.0	0.286	0.342	1	Analytical or derived from analytical	--	06/2015
Niacin <a href="#">1</a>	mg	3.275	--	0.040	2.6	3.88	3.0	3.14	3.41	1	Analytical or derived from analytical	--	06/2015
Pantothenic acid <a href="#">1</a>	mg	0.321	--	0.007	0.3	0.34	2.0	0.289	0.353	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 <sup>1</sup>	mg	0.071	--	0.005	0.06	0.09	3.0	0.054	0.088	1	Analytical or derived from analytical	--	06/2015
Folate, total <sup>1</sup>	μg	81	--	8.564	54	106	2.0	48.761	114.042	1	Analytical or derived from analytical	--	06/2015
Folic acid	μg	45	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Folate, food	μg	36	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Folate, DFE	μg	113	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Choline, total	mg	1.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Retinol	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Carotene, beta	μg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Cryptoxanthin, beta	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin A, IU	IU	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Lycopene	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Lutein + zeaxanthin	μg	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	2.44	--	0.073	1.56	3.13	4.0	2.225	2.656	1	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Tocopherol, beta <sup>1</sup>	mg	0.26	--	0.020	0.19	0.33	3.0	0.199	0.327	1	Analytical or derived from analytical	--	06/2015
Tocopherol, gamma <sup>1</sup>	mg	9.79	--	0.106	7.27	11.89	4.0	9.494	10.09	1	Analytical or derived from analytical	--	06/2015
Tocopherol, delta <sup>1</sup>	mg	3.44	--	0.101	2.34	4.36	4.0	3.157	3.727	1	Analytical or derived from analytical	--	06/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin K (phylloquinone)	µg	3.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
<b>Lipids</b>													
Fatty acids, total saturated	g	4.694	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
6:0	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
8:0	g	0.188	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
10:0	g	0.211	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
12:0	g	2.675	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
14:0	g	0.933	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
16:0	g	0.511	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
18:0	g	0.165	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	3.130	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
18:1 undifferentiated	g	3.129	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fatty acids, total polyunsaturated	g	6.057	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
18:2 undifferentiated	g	5.308	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
18:3 undifferentiated	g	0.167	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.582	--	0.006	0.73	1	3.0	0.866	0.903	1	Analytical or derived from analytical	--	06/2015
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fatty acids, total trans	g	0.470	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18b, 2014 Beltsville MD